

発達に不安を抱える子どもの社会性と運動の関係性
—児童発達支援の現場から—

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【目的】

発達に不安を抱える子どもの現状は、周囲の環境になじみにくいこと、新しい環境に適応しにくいこと、他児や他者との関わりが難しいことが指摘されている。また、乳幼児期を過ぎ、心身共に成長をしていくと、自尊心や自我が発達し、社会性・コミュニケーションの向上に阻害する要因となってくることを踏まえ、①児童発達支援施設における就学前の社会性を獲得することの重要性、運動が与える社会性への影響について現状を把握すること②ヒアリング調査を通して、現在行われている運動が与える社会性への影響について確認することの2点を調査する。

【方法】

各施設の所在地や名称に関してはA県のホームページから入手し、各施設に対して郵送式の質問紙調査を実施した。質問紙は2021年7月上旬に469施設に一斉に郵送。回収は随時各施設から返信があった際に研究室にて回収し、8月末日をもって回収を終了した。ヒアリング調査は、新型コロナウイルス感染症の影響から、ZOOMでの調査、および訪問による調査の2択で確認を取り、5施設を対象に9月中旬から10月中旬まで実施した。

【結果】

児童発達支援施設における就学前の社会性を獲得することの重要性は、各施設が重要と考えていた。また、運動を行うことで社会性の向上を促していた。しかし、アリング調査を通して、現在行われている運動が与える社会性への影響については、運動と社会性を別々に評価しており、因果関係を踏まえて療育を行っている現状は確認できなかった。

【結論】

①児童発達支援施設では、就学前の社会性を獲得することは重要であると考えられていた。ほとんどの施設で社会性の向上が重要事項として捉えられており、運動を行うことで社会性の向上を促していた。
②現状の児童発達支援施設での社会性の向上のために行われている運動は有効的である。また、運動によって身体機能を向上させるだけでなく、他者を意識することや自己を表現する力が高まることが明らかとなった。しかし、社会性と運動の因果関係を意識して取り組まれているわけではないことも明らかとなった。

Relationship between sociality and exercise in children with developmental anxiety in the field of child development support

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[Purpose]

Studies have suggested that children with developmental anxiety currently face difficulties in adapting to their surrounding environment and new environments, as well as troubles in interacting with other children and individuals.

In addition, since self-esteem and ego develop and become factors that hinder the improvement of sociality and communication as the child grows past infancy and grows both physically and mentally, we aimed to examine the following:

- (1) To understand the current situation regarding the importance of acquiring preschool sociality in child development support facilities and the impact of exercise on sociality.
- (2) Through a hearing survey, we will investigate two points to confirm the impact of the current exercise on sociality.

[Methods]

The location and name of each facility were obtained from the homepage of prefecture A, and a mail-type questionnaire survey was conducted for each facility. The questionnaire was mailed to 469 facilities simultaneously in early July 2021. The answers were collected at a laboratory when a reply from each facility was received, and the collection was completed by the end of August. The hearing survey was collected through two options, a remote ZOOM survey and an in-person visit survey, to account for restrictions caused by the coronavirus disease (COVID-19) outbreak; surveys were conducted from mid-September to mid-October at five facilities.

[Results]

Each facility considered the importance of acquiring preschool sociality in child development support facilities. In addition, exercise promoted the improvement of sociality.

However, through hearing surveys that aimed to examine the impact of the current exercise on sociality, the two factors were evaluated separately, and it was not possible to confirm a situation in any facility where medical treatment was being carried out based on an understanding of a causal relationship between exercise and sociality.

[Conclusion]

(1) At child development support facilities, it was considered important to acquire preschool sociality. Improvement of sociality was regarded as an important matter in most facilities, and exercise was promoted to improve sociality.

(2) The exercises currently being carried out to improve sociality at child development support facilities were effective. In addition, it was understood that exercise not only improves physical function, but also enhances the ability to be aware of others and express oneself. However, it became clear that the efforts were not made with an awareness of the causal relationship between sociality and movement.